



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
9 Milford Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## June 2023

### THE UPTON CENTER STAFF

#### **Director of Elder & Social Services**

Maggie Gundersen

#### **Social Services Coordinator**

Katie San Clemente

#### **Interim Department Specialist**

Karen Varney

#### **COA Assistants**

Deb Saulen

### COUNCIL ON AGING MEMBERS *Chair*

Laurie Fantini

#### **Vice Chair**

Josephine McLaughlin

#### **Secretary**

Linda Sanders

#### **Members**

Myra Bigelow

Betty Consigli

Paula Lepore

Gregg Manning

Richard Provost

Grace Wadsworth

Margaret Watson

### COA Hours:

Monday—Friday  
9:00 am to 4:00 pm

Phone:

508-529-4558

Fax:

508-529-1014



## You're invited



### THE BOARD OF SELECTMEN

INVITES YOU AND YOUR FRIENDS TO BE PRESENT AT

THE DEDICATION OF THE NEW

## UPTON COMMUNITY CENTER

IN HONOR OF THE CITIZENS OF UPTON

WEDNESDAY, JUNE 14TH 2023

6:30 PM

OPEN HOUSE IMMEDIATELY FOLLOWING DEDICATION

RSVP to [SELECTMEN@UPTONMA.GOV](mailto:SELECTMEN@UPTONMA.GOV)

### *Senior Beach Passes*

Lifetime beach passes are available to seniors ages 65+ for Kiwanis Beach beginning June 10th. Passes can be purchased at the Kiwanis Beach gatehouse.

### *Shuttle Service to Upton Community Center*

The Town of Upton is pleased to offer free shuttle service to and from the new Upton Community Center. Transportation times are 9:00am, 12:00 noon, and 3:00pm. Transportation to medical appointments and shopping will still be offered. Please call the Community Center at 508-529-4558.

### *Join Our Team!*

Looking for more volunteers at the new Upton Community Center. Please inquire at the Senior Center at 508-529-4558.



## Transportation Services

**Upton Community Center Shuttle:** Monday-Thursday  
Pick-up/Drop off service at Millhaus, Coach Road and Upton residents. Reservations required 24 hours in advance.  
**8:45-9:00:** Pickup at residences and Drop off to UCC  
**12:00:** Pickup and Drop off at residences and UCC  
**3:00:** Pickup at UCC and return to residences  
\*Friday shuttle rides available upon request\*

**Medical /Errand Transportation:** Monday-Thursday  
Medical rides will now be available on a limited basis.  
Transportation for medical rides and prescription pick ups will now be available 9:00-12:00 and 1:00-3:00, Monday-Thursday.  
For ride requests outside of these hours, please refer to Tri-Valley Elder services at 508-949-6640

## Weekly Shopping Trip Schedule:

**Monday, June 5th at 9:15 am—**  
Walmart/Job Lot/Shaw's Loop, Northbridge

**Tuesday, June 13th at 12:30 pm—**  
Hannaford's Supermarket, Uxbridge

**Wednesday, June 21st at 12:30 pm—**  
Walmart/Job Lot/Shaw's, Foppema's Farm Stand\*

**Thursday, June 29th at 9:15 am—**  
Market Basket, Hudson



## Weekly Friday Coffee Hour

**Friday, June 9th at 9:30 am**

**Friday, June 16th at 9:30 am**

**Friday, June 23rd at 9:30 am**

Join us for fun socialization,  
free coffee and donuts!



## Can you find the hidden kite?

Congratulations to **Margaret Watson** who found the hidden basket of flowers in our newsletter and won our drawing for the month of May!

This month, we have hidden a kite for you to find. If you have found the hidden kite, please call us at 508-529-4558 and let us know to be entered to win a prize!

**We will be closed  
on Monday, June 19th  
in observance of the  
Juneteenth Holiday**



## New! Hearing Aid Cleaning Services

**Wednesday, June 7th, 10:30-12:00**

Professionals from At Home Hearing Healthcare will now be available at the Upton Community Center to provide monthly hearing aid cleanings as well as hearing assessments. Please call us at 508-529-4558 to inquire and set up an appointment. No fee!

**Additional dates include: July 5th and August 2nd**

## Podiatrist Appointments

**Thursday, July 13th, 8:30-12:30**

Dr. Biancomano will have his bi-monthly appointments at The Upton Center. **Please call the Center to schedule an appointment**, these time slots fill up quickly.



## Afternoon Movie

**Friday, June 23rd at 12:30 pm**

Join us at the Community Center for a showing of *Ford v. Ferrari (2019)*, starring Christian Bale. Follow the story of American automotive designer Carroll Shelby and fearless British race car driver Ken Miles as they battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co.

Popcorn will be served!

**Please RSVP by Thurs. June 22nd**

## New! Exercise with Guest Instructor

**Shirley Areano**

**Mondays and Wednesdays beginning June 21st**

**9:30—10:30 am**

Come join Central Mass's favorite fitness instructor, Shirley Areano, for a full body workout with strength, flexibility, low-impact cardio and posture exercises. Shirley is well known in our area for her enthusiastic class paired with upbeat music through the decades and high energy vibes.



## New! Mindful Eating—6 week Course

**Beginning June 6th at 11:00 am**

Come and join us for a 6 week course on mindful eating, led by Robin Natanel. This course will help you discover mindful eating habits that will lead you to enjoy and savor food while being in charge of your diet in a judgment-free way!

**This course will run every Tuesday from  
June 6th-July 18th .**

**Please bring an item for our Community Center  
Food pantry as a donation for this class.**





## Guest Presentation by Author

**Henry Quinlan**

**Monday, June 26th at 1:00 pm**

Join us for a presentation by author, Henry Quinlan, who will examine the effects of aging on happiness and how you can shift your priorities and change how your brain views aging while bringing new meaning to your life.

**Please RSVP by Thurs. June 22nd.**

## "Bremontown Musicians" a Musical Comedy

**Friday, July 21st at 6:30 pm—FREE Admission**

This is the humorous and musical-take on the Grimm's fairytale about four elderly animals who escape when their owners plan to get rid of them. Follow the animals' on their journey to Bremontown. Transportation provided by Sr Center bus to Nipmuc High School.

**RSVP by Monday, July 17**



## Services for Blind / Low Vision

**Wednesday, June 21st at 1:00 pm**

Upton Community Center partners with The Mass Association for the Blind and Visually Impaired (MABVI). A representative from the MABVI will be at the Upton Community Center each month to meet with residents to assist them with technology, resources, and support services.

**Please RSVP by Mon. June 19th.**



## Support for Hearing Impaired

Upton Community Center would like to start a monthly support group for individuals with hearing loss. Interested individuals should call the center to express their interest.



## Concerts at Kiwanis Beach

**Wednesdays beginning June 28th**

**Van departs at 5:15 / Concerts begin at 6:00**

Upton Rec. Commission's Summer Concerts at Kiwanis are back! Free van rides will be provided.

Please call the center to sign up for a ride.



## Stay Tuned For...Coming Events

**UCC Choral Group Forming**—for those who love to sing

**Support Groups for Autoimmune Disorders and Mobility Challenged**—starting in the fall

**Upton "Repair Café"** - Community event coming this fall. Start saving your broken items!

## WEEKLY PROGRAMS

### Monday:

**9:30 am** – Exercise with Shirley Areano

**10:30 am** – Strength and Stretch

### Tuesday:

**10:00** – Seated Exercise

**11:00** – Mindful Eating 6 Week Course  
(6/6 – 7/18)

**12:30** – Hand and Foot Card Games

### Wednesday:

**9:30** - Exercise with Shirley Areano

**10:30** – Strength and Stretch

**12:30** – Mahjong Card Games

### Thursday:

**9:00** – Chair Yoga

**10:00** – Knit and Crotchet Group

**11:00** – Tai-Chi

**1:00-3:00** – BINGO

(held at 2 Farm Street Location)

### Friday:

**10:30** – Strength and Stretch

## MONTHLY PROGRAMS

### Hearing Aide Cleaning—

Wednesday, June 7th from 10:30-12:00  
(by appointment only)

### Nutrition Talk—

Monday, June 12th at 11:45 am

### Trivia Time—

Wednesday, June 14th at 12:15 pm  
\*New England Trivia\*

### Mindfulness Class—

Wednesday, June 21st at 1:00 pm

### Afternoon Movie—

Friday, June 23rd at 12:30 pm

### Blood Pressure Checks—

Wednesday, June 28th at 12:30 pm

### Birthday Bash—

Friday, June 30th at 12:30 pm

## SOCIAL SERVICES CORNER



### Social Service Office Hours

Weekly office hours are now available with the Social Services Coordinator, Katie San Clemente, at the Millhaus and Coach Road Apartments. Please call the center for more information or to make an appointment.

### Mass Health Renewal Mailings



As of April 1<sup>st</sup>, MassHealth began their redetermination process for eligibility. Over the course of the next year, MassHealth recipients will receive communication from MassHealth directly about renewing their insurance coverage. These mailings have deadlines involved to which you need to respond by, or you will risk losing your coverage. Please contact Katie San Clemente, the Social Services Coordinator, at 508-529-4558 if you have any questions or need assistance with your renewal application.

### Tri-Valley Lunch Services



Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 508-529-9094 by 10 am the day before a meal is served to reserve or cancel a meal. You can also inquire about delivery of frozen lunch and/or evening dinners.

## COMMUNITY UPDATES



### 2023 Sheriff's Annual Senior Picnic

**Saturday, June 10th, 11am-1pm**

Join the Worcester County Sheriff's Department for their FREE annual picnic! Located at Sac Park—438 Lake Street, Shrewsbury. The picnic includes a BBQ meal, organic produce, giveaways and a raffle bonanza.

**Attendees must register by phone at 508-796-2638 with name, phone # and address.**

**UCC has transportation available.**

**Please call senior center to inquire about a ride.**

### COA Job Opportunity: Van Driver



We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at [www.uptonma.gov](http://www.uptonma.gov), or stop by the COA office for further information

### Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, June 15th at 5:30 p.m.**

RSVP by the Tuesday before at 508-529-3192.

No fee but donations are appreciated.

Upton Community Center  
9 Milford Street  
Upton, MA 01568